Mental Health Awareness Month

May Events

Monday, May 5th (9am-5pm): Mental Health First Aid
Cambridge Public Library Main Branch
(*register here* or use the QR code):

Tuesday, May 6th (6pm-8pm): Building a Caring Community Event
Cambridge Public Library Main Branch
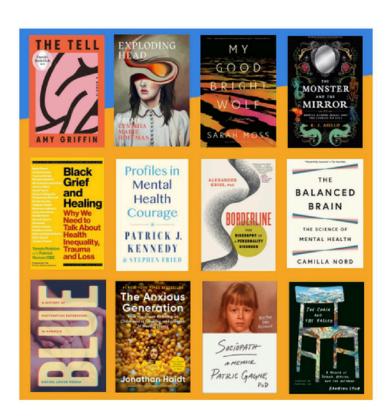(*register here* or use the QR code):

Friday, May 9th (9am-5pm): Youth Mental Health First Aid
Mount Auburn Hospital, Waltham
(*register here* or use the QR code):

All Month Long

Check out our library reading recommendations:

CITY OF CAMBRIDGE
CARE
COMMUNITY ASSISTANCE
RESPONSE & ENGAGEMENT   TEAM

Cambridge
Public Health
Department

Do you know what mental health resources and services are available in your community?

Free Community Event! Building a caring community: Fostering belonging, mental wellness, and shared resources

Tuesday, May 6th, 2025
6:00 PM - 8:00 PM
Main Library Lecture Hall, 449 Broadway

Resource Fair

- **Learn how to access resources** at national, state, and local organizations
- **Meet representatives from local organizations** that support mental wellbeing
- **Raise awareness and build community** around mental health resources in Cambridge

Panel Discussion

How do I access community resources for myself or a loved one? What should I expect when reaching out?

Panelists will include representatives from:
- Samaritans
- The Community Safety Department's CARE Team
- Community Behavioral Health Center (CBHC)
- FindIt Cambridge

Light refreshments and childcare provided!

Register by clicking here or using the QR code:

CITY OF CAMBRIDGE
CARE
COMMUNITY ASSISTANCE RESPONSE & ENGAGEMENT TEAM

Cambridge Public Health Department